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Exercise and Movement (and Why It Matters) 8 Positions: Fitness vs Wellness  
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Physical Fitness And Wellness  
Lifetime Physical Fitness and Wellness. LIFETIME PHYSICAL FITNESS AND  
WELLNESS, 12E, International Edition provides students with current information,  
tools, and guidelines to implement and adhere to a lifetime physical fitness and  
wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger  
encourage students to take a critical look at their current behaviors in order to help  
them identify and abandon negative habits and adopt and maintain healthy  
behaviors.

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tracking their behavior change progress.

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Lifetime Physical Fitness Chapter 1 and Wellness Physical Fitness and Wellness

CHAPTER 1 PHYSICAL FITNESS AND WELLNESS OBJECTIVES

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The benefits of regular physical activity and living a healthy lifestyle to achieve wellness are well documented. Nearly all Americans accept that exercise is beneficial to health and see a need to incorporate it into their lives. Seventy percent of new and returning

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